



We Are Here For You!

Outdoor Activities to Get You Moving!-High School

This guide is here to help you stay active and move during these bizarre times of school closures and quarantine! It is important to realize the impact of physical activity and exercise on our mental health. When we exercise, our bodies release feel-good endorphins which are natural brain chemicals that enhance our sense of well-being. Not to mention when we exercise we take our minds off of our worries which gets us away from the cycle of negative thoughts. So, this isn't just about physical health but remember when we move we are also helping our minds!

1

2 WEEK FITNESS GUIDE AND JOURNAL

Learn the art of self-reflection and self-management by planning and tracking your exercise routine and journaling on things that focus on positive emotions.

2

EXERCISE CALENDARS FOR MARCH / APRIL / MAY

Learn a new exercise each day! Find the ones you love to do and build you exercise routine!

3

FITNESS UNO!

Use the game of UNO as a way to move around and get your heart pumping!

Physical Education

Fitness Journal



Name: _____ **Date:** _____

This fitness journal is your instructional guide through a 2-week wellness home study. It has been designed with a focus on the following core competencies for social and emotional learning – Self-Awareness and Self-Management.

In addition, you will be working toward physical education grade-level outcomes in the areas of fitness knowledge and personal and social responsibility.

To receive credit for this assignment, follow the instructions on each page, complete the exercises and writing prompts, and then return your finished journal to your physical education teacher.

Focused Alignments:
Core SEL Competencies | casel.org
Grade-level Outcomes | shapeamerica.org

Featuring Resources By:



OPENPhysEd.org



Physical Education

Fitness Journal

This is a 2-week home study focused on...

1. Understanding self-awareness and self-management as it relates to physical activity, goal setting, and stress management
2. Exploring personal thoughts and emotions as they relate to physical activity and examine how these thoughts affect our behaviors and routines
3. Achieving personal activity goals aimed at reducing stress and boosting our body's ability to fight disease

There are 3 components to this journal.

- ✓ First, you will complete daily activity challenges designed to prepare our minds for optimal performance and creativity.
- ✓ Second, you will use Tabata-style activity intervals and/or dance breaks to help you progress toward a daily physical activity goal of 60 minutes of moderate to vigorous physical activity.
- ✓ Third, you will complete short journaling exercises focused on developing social and emotional competencies.

Your 2-week SMART goals.

A SMART goal is Specific, Measurable, Achievable, Realistic, and Time-bound.

- **SMART GOAL 1:** During the next two weeks, I will be physically active for at least 60 minutes per day for a minimum of 12 of 14 days. I will track my activity using the activity log provided in this journal.
- **SMART GOAL 2:** During the next two weeks, I will complete all of the writing prompts included in this journal. Each prompt will help me explore physical and emotional well-being concepts.



Physical Education

Fitness Journal

Physical Activity Log

Use the activity log to track your progress. Remember, activity minutes add up.

It's okay to break your total activity into smaller chunks of movement.

Week 1:

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	Daily Challenge 15 Mins	Tabata 15 Mins	Walk with Friends 30 minutes	60 minutes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Week 2:

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	Daily Challenge 15 Mins	Tabata 15 Mins	Walk with Friends 30 minutes	60 minutes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				



Physical Education

Fitness Journal

Daily Activity Challenges

Complete each challenge. When finished, mark an **X** next to that day's challenge.

Day	Challenge	Complete ?
Sample Day	How many jumping jacks can you do in 15 minutes? Do your 'jacks in sets of 25 with a break in between.	X
Day 1	Visit Darebee.com and complete the Workout of the Day.	
Day 2	Make 3 sock balls by balling up your socks - duh... Grab an adult and search "learn to juggle" on YouTube. Work for 15 minutes and make progress.	
Day 3	Grab an invisible jump rope and create a routine that includes at least 4 different "tricks."	
Day 4	Wall Push-ups are just like push-ups but are done standing against a wall. Do 10 sets of 10.	
Day 5	Play 10 games Rock Paper Scissor with a friend. The winner of each game picks an exercise for both of you to complete.	
Day 6	Squat Stare Challenge. Squat position facing a friend. Have a staring contest. The winner picks an exercise for both to complete. No blinks or smiles	
Day 7	Visit www.hhph.org/resources/flow/ And complete this HYPE the Breaks routine.	
Day 8	Remember how many jumping jacks you did in 15 minutes? It's time to break your record! Do your 'jacks in sets of 25 with a break in between.	
Day 9	Practice makes perfect! Grab those 3 sock balls and work on your juggling for another 15 minutes.	
Day 10	Visit Darebee.com and complete the Workout of the Day.	
Day 11	How many jumping jacks can you do in 15 minutes? Do your 'jacks in sets of 25 with a break in between.	
Day 12	Play 10 games Rock Paper Scissor with a friend. The winner of each game picks an exercise for both of you to complete.	
Day 13	Squat Stare Challenge. Squat position facing a friend. Have a staring contest. The winner picks an exercise for both to complete. No blinks or smiles	
Day 14	Visit www.hhph.org/resources/to-the-core/ And complete this HYPE the Breaks routine.	



Let's H.Y.P.E. the breaks!

Hip Hop Public Health is an organization dedicated to helping kids and their families live health and active lives. They've created a video dance series called HYPE the Breaks that you can use at home to stay active. Here's how you can find a dance that you like.

- 1) Visit www.hhph.org
- 2) Click on the "RESOURCES" link in the top menu.
- 3) Use the Filter and Sort tools on the left of the window.
- 4) Check "HYPE Breaking It Down" and "HYPE the Breaks Vol. 1"
- 5) Click on and follow then along with one of the many videos.

TABATA Time!

What is Tabata Training?

- ✓ Tabata training was created by a Japanese scientist named Dr. Izumi Tabata.
- ✓ True Tabata workouts combine 20 seconds of vigorous activity with 10 seconds of rest in between each set.
- ✓ We may adjust our timing and intensity throughout the module, but it's important to understand the history behind our workouts.
- ✓ Dr. Tabata's research showed that even 4-minute workouts using his timing formula can have positive results on a person's overall fitness.

We'll focus on 2 types of Tabata activity routines - One and Done, and Double or Nothing. Then, you can use the blank routine chart to create your own workout.

One and Done

This format is called "one & done" because each exercise is only done 1 time during the routine.

Set #	Exercise Name	Interval Start
1	Jumping Jacks (20 seconds) Rest 10 seconds	0:00
2	Lunges (20 seconds) Rest 10 seconds	0:30
3	Hold Plank Position (20 seconds) Rest 10 seconds	1:00
4	Invisible Jump Rope (20 seconds) Rest 10 seconds	1:30
5	Squats (20 seconds) Rest 10 seconds	2:00
6	Plank Leg Raises (20 seconds) Rest 10 seconds	2:30
7	Jog in Place with High Knees (20 seconds) Rest 10 seconds	3:00
8	Plank Arm Raises (20 seconds) Rest 10 seconds	3:30



Physical Education

Fitness Journal

Double or Nothing

This format is “Double or Nothing” because each exercise is done twice in a row.

Set #	Exercise Name	Interval Start
1	Lunges (20 seconds) Rest 10 seconds	0:00
2	Lunges (20 seconds) Rest 10 seconds	0:30
3	Hold Plank Position (20 seconds) Rest 10 seconds	1:00
4	Hold Plank Position (20 seconds) Rest 10 seconds	1:30
5	Squats (20 seconds) Rest 10 seconds	2:00
6	Squats (20 seconds) Rest 10 seconds	2:30
7	Jumping Jacks (20 seconds) Rest 10 seconds	3:00
8	Jumping Jacks (20 seconds) Rest 10 seconds	3:30

Create Your Own

Create your own routine in the chart below. Looking for good exercises?

Visit www.darebee.com/video.html for a library of exercise videos.

Set #	Exercise Name	Interval Start
1	Exercise Name: _____ (20 seconds) Rest 10 seconds	0:00
2	Exercise Name: _____ (20 seconds) Rest 10 seconds	0:30
3	Exercise Name: _____ (20 seconds) Rest 10 seconds	1:00
4	Exercise Name: _____ (20 seconds) Rest 10 seconds	1:30
5	Exercise Name: _____ (20 seconds) Rest 10 seconds	2:00
6	Exercise Name: _____ (20 seconds) Rest 10 seconds	2:30
7	Exercise Name: _____ (20 seconds) Rest 10 seconds	3:00
8	Exercise Name: _____ (20 seconds) Rest 10 seconds	3:30



Journaling Exercises

Throughout this 2-week course you will complete journaling exercises on all of the odd-days. On the even days, you will use calming music to help you clear your mind and focus on your breathing.

Day 1

<p>Write a list of 5 things you can do to help your mind and body relax.</p>	
<p>If you could choose one place in the world where you could go to relax, where would it be and why did you choose this place?</p>	

Now Breathe

(Visit www.hhph.org/resources/mindful-beats/ for free music to use in this exercise)

<ul style="list-style-type: none">✓ You're going to practice breathing into your belly.✓ Find a comfortable place to lay flat on your back. Place a light object (like a small book) on your belly.✓ Close your eyes and focus on breathing. As you inhale and exhale, stay mindful of the position of the object. Is it moving?✓ Focus on making the object move up when you inhale and down when you exhale. If the object falls off your belly, simply pick it up and place it back in position.	<p>Did you complete this breathing exercise? Yes or No</p>
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Day 3

<p>Write a list of 5 things that you are grateful for. List people, places, or important events.</p>	
<p>Write 3 “Thank You” sentences that you could say to a specific person that you are grateful for. Now, go find that person and read what you wrote.</p>	

Now Breathe

(Visit www.hhph.org/resources/mindful-beats/ for free music to use in this exercise)

<ul style="list-style-type: none">✓ It’s time to practice breathing into your belly.✓ Find a comfortable place to lay flat on your back. Place a light object (like a small book) on your belly.✓ Close your eyes and focus on breathing. As you inhale and exhale, stay mindful of the position of the object. Is it moving?✓ Focus on making the object move up when you inhale and down when you exhale. If the object falls off your belly, simply pick it up and place it back in position.	<p>Did you complete this breathing exercise?</p> <p>Yes or No</p>
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Day 5

<p>It's important to use positive language when we talk to others as well as in our own self-talk. Write 5 positive words or phrases you can use today.</p>	
<p>Write a single statement of encouragement to yourself. This statement should encourage you to keep working toward daily activity goals.</p>	

Now Breathe

(Visit www.hhph.org/resources/mindful-beats/ for free music to use in this exercise)

<ul style="list-style-type: none">✓ It's time to practice breathing into your belly.✓ Find a comfortable place to lay flat on your back. Place a light object (like a small book) on your belly.✓ Close your eyes and focus on breathing. As you inhale and exhale, stay mindful of the position of the object. Is it moving?✓ Focus on making the object move up when you inhale and down when you exhale. If the object falls off your belly, simply pick it up and place it back in position.	<p>Did you complete this breathing exercise?</p> <p>Yes or No</p>
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Day 7

<p>List 3 words or phrases that describe how you feel each time you finish being physically active.</p>	
<p>Write 3 sentences that you could use to convince a friend or family member to be physically active with you.</p>	

Now Breathe

(Visit www.hhph.org/resources/mindful-beats/ for free music to use in this exercise)

<ul style="list-style-type: none">✓ It's time to practice breathing into your belly.✓ Find a comfortable place to lay flat on your back. Place a light object (like a small book) on your belly.✓ Close your eyes and focus on breathing. As you inhale and exhale, stay mindful of the position of the object. Is it moving?✓ Focus on making the object move up when you inhale and down when you exhale. If the object falls off your belly, simply pick it up and place it back in position.	<p>Did you complete this breathing exercise?</p> <p>Yes or No</p>
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Day 9

<p>List 2 accomplishments that you are proud of.</p>	
<p>Choose 1 of those accomplishments and write 3 sentences to yourself describing why you are proud and how that accomplishment will help you in the future.</p>	

Now Breathe

(Visit www.hhph.org/resources/mindful-beats/ for free music to use in this exercise)

<ul style="list-style-type: none">✓ It's time to focus on our breathing without using a moving object.✓ Find a comfortable place to lay flat on your back.✓ Close your eyes and focus on breathing.✓ As thoughts come into your mind – let them come and go. Bring your focus back to your breathing as you inhale, and then clear your mind as you exhale.	<p>Did you complete this breathing exercise? Yes or No</p>
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Day 11

<p>Think of a friend or family member. List 1 of their most recent accomplishments that you admired.</p>	
<p>Now, write 3 sentences to your friend or family member describing why you are proud their accomplishment and how you believe that achievement will help them in the future.</p>	

Now Breathe

(Visit www.hhph.org/resources/mindful-beats/ for free music to use in this exercise)

<ul style="list-style-type: none">✓ It's time to focus on our breathing without using a moving object.✓ Find a comfortable place to lay flat on your back.✓ Close your eyes and focus on breathing.✓ As thoughts come into your mind – let them come and go. Bring your focus back to your breathing as you inhale, and then clear your mind as you exhale.	<p>Did you complete this breathing exercise? Yes or No</p>
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Day 13

<p>List 3 benefits of completing this 2-week journaling routine.</p>	
<p>Choose 1 of the benefits listed above. How is that benefit related to your emotional health? Give evidence.</p>	

Now Breathe

(Visit www.hhph.org/resources/mindful-beats/ for free music to use in this exercise)

<ul style="list-style-type: none">✓ It's time to focus on our breathing without using a moving object.✓ Find a comfortable place to lay flat on your back.✓ Close your eyes and focus on breathing.✓ As thoughts come into your mind – let them come and go. Bring your focus back to your breathing as you inhale, and then clear your mind as you exhale.	<p>Did you complete this breathing exercise? Yes or No</p>
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Physical Education Fitness Calendar

Directions: Complete each fitness challenge for each day of the month. When you are finished, pass it in to your Physical Education teacher.

Note: if you miss a day, that's ok. Just make up that day on the next day. The idea is to do something active everyday!!!

March 2020

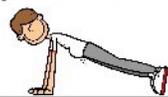
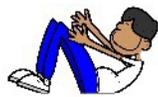
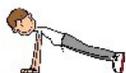
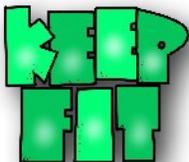
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Hold onto a chair and stand on your tiptoe for 1 minute.</p>  <p>1</p>	<p>Lift one leg and balance without putting your other foot down for 30 seconds. Repeat with the other leg.</p>  <p>2</p>	<p>Jog in place for 30 seconds in every room of your home.</p>  <p>3</p>	<p>Do 25 back legs kicks per leg.</p>  <p>4</p>	<p>Hold the Superhero pose while you say the alphabet backwards. Repeat 3 times.</p>  <p>5</p>	<p>Rest Day</p> <p>6</p>	<p>Do bicycle legs with a family member or friend for 60 seconds.</p>  <p>7</p>
<p>Do 15 push-ups with a family member or friend.</p>  <p>8</p>	<p>Do a side plank for 30 seconds each arm.</p>  <p>9</p>	<p>Do side lunges 30 times per leg.</p>  <p>10</p>	<p>In the Superhero pose lift a book off the ground and read one entire page.</p>  <p>11</p>	<p>Rest Day</p> <p>12</p>	<p>Hold the Bird Dog position for 45 seconds per side.</p>  <p>13</p>	<p>Do 50 Jumping Jacks with a family member or friend.</p>  <p>14</p>
<p>Do 25 front lunges per leg with a family member or friend.</p>  <p>15</p>	<p>Put your feet under the couch and do 20 curl-ups.</p>  <p>16</p>	<p>Hold onto your toes while balancing on your bottom for 30 seconds.</p>  <p>17</p>	<p>Rest Day</p> <p>18</p>	<p>Do side legs lifts 30 times per leg.</p>  <p>19</p>	<p>Do high knees while singing the school song.</p>  <p>20</p>	<p>Hold hands with a family member or friend and do 25 squats together.</p>  <p>21</p>
<p>Challenge a family member or friend to a "balance on one foot with eyes closed without losing balance" contest.</p>  <p>22</p>	<p>Challenge a family member or friend to a "plank without laughing" competition.</p>  <p>23</p>	<p>Rest Day</p> <p>24</p>	<p>Do 30 Wall Push-ups.</p>  <p>25</p>	<p>See how many push-ups you can do in 30 seconds.</p>  <p>26</p>	<p>Put your toes under the couch and do 15 curl-ups.</p>  <p>27</p>	<p>Challenge a family member or friend to a "V balance" competition.</p>  <p>28</p>
<p>29</p> <p>Make up your own fitness challenge and draw it on the back of this paper.</p>	<p>30</p> <p>Rest Day</p>	<p>31</p> <p>Pick One Of Your Favorite Days And Do It Again!!!</p>	<p>Student Name: _____</p> <p>Classroom Teacher: _____</p>		<p>Parent Signature: _____</p> <div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>Check off (✓) when you finish each day</p> </div>	

Physical Education Fitness Calendar

Directions: Complete each fitness challenge for each day of the month. When you are finished, pass it in to your Physical Education teacher.

Note: if you miss a day, that's ok. Just make up that day on the next day. The idea is to do something active everyday!!!

April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Student Name: _____ Parent Signature: _____ Classroom Teacher: _____		Hold a push-ups position while saying the months of the year 3 times. 1 	Skip around the house while you sing the school song. 2 	Crab Walk from the kitchen to your bedroom (Even if it's up or down the stairs) 3 	Rest Day 4	
Get some cans of food and do arm curls while a family member or friend counts to 100. Use both arms! 5 	Keep your legs straight while you bend relaxed at the waist. Breathe in and out slowly making your hands reach for the floor. 6 	Do the butterfly stretch while saying out loud 10 words that begin with the letter "J". 7 	Reach up off the floor 15 times. 8 	Do squats while watching 3 commercials on T.V. 9 	Rest Day 10	Balance on one foot while a family member or friend sings the ABC song 3 times. 11 
Challenge a family member or friend to a "Mountain Climber To 50" Race. 12 	Pretend to hula hoop while saying the alphabet forwards then backwards. If you have a hula hoop, use it! 13 	Dance to one of your favorite songs. 14 	Do 60 seconds of arm circles. 15 	Rest Day 16	Grab one foot and stretch your thigh for 30 seconds. Repeat using the other leg. Then try it with your eyes closed. 17 	Hold a push-ups position while giving a high five to a family member or friend 25 times. 18 
Stand in front of a mirror and flex or move every muscle you can think of. 19 	Get some cans of food and do lunges while a family member or friend sings you THEIR favorite song. 20 	Spell your full name while you jump in the air for each letter. 21 	Rest Day 22	Reach and touch your toes while counting to 30. Go slow! Repeat 3 times. 23 	Do 50 side bends. While doing them sing your favorite song out loud. 24 	Challenge a family member or friend to a "jumping jack race to 50" contest. 25 
Do 100 Jumping Jacks. 26 	With your back flat against the wall, do the Wall Sit for 60 seconds. 27 	Rest Day 28	Make up your own fitness challenge and draw it on the back of this paper. 29	Pick One Of Your Favorite Days And Do It Again!!! 30		Check off (✓) when you finish each day

Physical Education Fitness Calendar

Directions: Complete each fitness challenge for each day of the month. When you are finished, pass it in to your Physical Education teacher.

Note: if you miss a day, that's ok. Just make up that day on the next day. The idea is to do something active everyday!!!

May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Student Name: _____ Parent Signature: _____ Classroom Teacher: _____			Check off (✓) when you finish each day		Touch your elbows to knees 50 times while keeping your eyes closed.  1	Keep your belly on the floor while you push up off the floor. Repeat 20 times.  2
Do squats while singing the school song.  3	Do 15 push-ups.  4	Hold a plank position while counting to 100 by 5's  5	Do 25 back leg kicks for each leg.  6	Ask a family member or friend to read a short passage from a book to you while you hold onto one foot.  7	Do 50 windmills touching one foot, then the other.  8	Rest Day 9
Reach to both sides of your body while listening to one of your favorite songs.  10	Stretch your calf muscles while you watch 3 commercials on T.V.  11	Reach for one toe while counting to 25 backwards. Repeat with the other leg. Do that 3 times per leg.  12	Do 50 Jumping Jacks with a family member or friend.  13	In a straddle position reach for one toe and count to 10. Repeat reaching for the other toe. Do that 3 times per leg.  14	Rest Day 15	Hold one foot while balancing and counting to 20. Repeat holding the other foot. Do that 3 times per leg.  16
Do jumping jacks every time a commercial comes on T.V.  17	With both legs straight, see how far you can reach. Go slow! Breathe in and out each time you reach.  18	Jog in place while you answer 10 math questions given to you by a family member or friend.  19	With legs crossed reach up and over your body as far as you can. Repeat reaching the other way. Repeat 3 times per side.  20	Rest Day 21	Do 50 lunges.  22	Put your toes under the couch and do 15 curl-ups.  23
Do a plank while spelling your full name backwards 3 times.  24	Do windmills while you count to 100 by 2's.  25	Hold a plank position while counting to 50.  26	Rest Day 27	Do a jumping jack for every letter of the alphabet.  28	Jog 3 times around the outside of your home or block.  29	Make up your own fitness challenge and draw it on the back of this paper. 30
Pick One Of Your Favorite Days And Do it Again!!! 31						

FITNESS UNO

ACTIVITY GOALS

- I will follow the rules and have fun with my friends and family.

TEACHING TIPS

- Use Proper Form
- Increase Your Heart Rate
- Play Fairly
- Have Fun

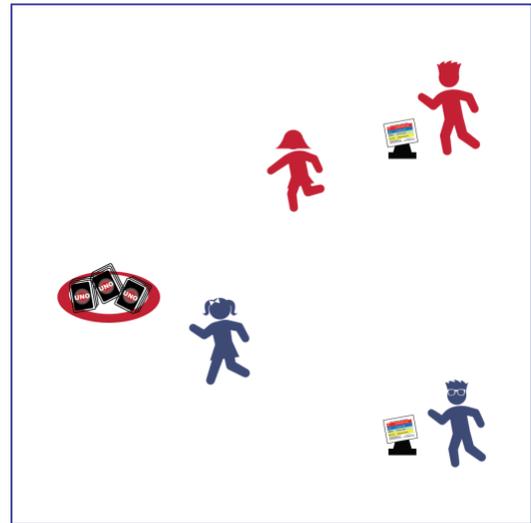
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 deck of UNO Cards
- 1 hula hoop
- 1 cone or spot marker per team
- 1 UNO Fitness Chart per team of 2 players

Set-Up:

- Shuffle the UNO Cards and scatter them on the floor inside the hula hoop.
- Place 1 cone or spot marker per team 10–20 meters away from the hoop.
- Create teams of 2 players, each team behind a cone or spot marker with an UNO Fitness Chart.



Activity Procedures:

- Today's friendly competition is Fitness Uno. We will be developing our personal fitness with friends and family. This game is played in 2 phases.
- During Phase 1, your team will run in relay-race format (1 player at a time) to the hoop to grab 1 UNO card per visit. Do not look at the card when you pick it up. When you return, give your teammate a high-5, and then she/he will run to the hoop. Place the cards face-down in a pile.
- When your team has 10 cards, it's time for Phase 2. During this phase, your team will work to return all of your cards to the hoop. To do that, flip over 1 UNO card at a time and use the UNO Fitness Chart to determine which exercise to perform. The number on the card determines the number of exercise repetitions you'll complete. Everyone on your team must complete the exercises together.
- Once you've finished an exercise set, 1 player will return the card to the hoop. Repeat until all cards are back in the hoop.

UNO Chart Info:

- Red = invisible jump rope; blue = jumping jacks; green = mummy jacks; yellow = stationary sprints.
- Wild card = free (no repetitions); draw 2 cards = draw 2 new cards; reverse = count 10 reps backwards; skip = free (no repetitions); wild draw 4 = give to another team—they must draw 4.

- Color Your Plate:** Different colored fruit and veggies have different health benefits. Be sure to have a colorful plate of fruits and vegetables at every meal. Eat a rainbow of fruits and veggies!

Fitness UNO Chart: Aerobic Capacity

RED	Invisible Speed Rope
BLUE	Jumping Jacks
GREEN	Mummy Jacks
YELLOW	Stationary Sprints

- Wild cards: free—discard with no repetitions.
- Draw 2 cards: draw 2 new cards.
- Reverse cards: count 10 repetitions backward.
- Skip cards: free—discard with no repetitions.
- Wild Draw 4 cards: give to another team—they must draw 4.